

What I claim as my invention is:

1. The method of inhalation of specific gas mixtures in a human patient with exhaled gases being shunted into the ambient atmosphere to effect a 50-90% or more washout of nitrogen gas from the body, body water, ischemic tissues, and mitochondria in order to allow the reuptake of oxygen into hypoxic mitochondria and restore oxidative metabolism to affected tissues following reversible vascular occlusions in a cerebrovascular accident (stroke), the administration of said gas mixture being from a suitable supply source and being implemented as quickly as possible following the vascular event and continued for a minimum of 30 minutes up to 72 hours to assure optimum therapy and minimize cell death, wherein the specific gas mixtures consist only as complimentary concentrations of 20-100% oxygen and 0-80% helium.
2. The method of claim 1 wherein the vascular event to be treated is a myocardial infarction (heart attack).